



Additional information about the
Live Well San Diego
Vulnerable Populations Indicator



VULNERABLE POPULATIONS

There are many types of **Vulnerable Populations**, including those who are low income, disabled, elderly, as well as those who are linguistically isolated or socially disconnected in some way. Vulnerable populations also include those without health insurance, and those who experience “food insecurity,” referring to an inability to purchase enough food to meet individual or family needs. The *Live Well San Diego* Indicators capture some if not all of the vulnerable population.

A range of services are available to help meet the needs of vulnerable populations. These include physical and behavioral health care resources and services to help residents achieve good health or access care for health conditions, including substance abuse problems. The County also provides access to income support, child care, and other supportive services to help residents become and maintain self-sufficiency. The County also provides an array of services to older adults. Because youth and older adults are both underutilized resources that can be tapped to help address unmet needs in our community, services include intergenerational programs in which older adults and youth are brought together for meaningful activities that benefit both age groups.

Find Out About Resources Available to Vulnerable Populations:

My question is...	Here's where I can find answers...
Where do I go if I need some kind of community, health or disaster assistance for me or my family?	Call 2-1-1 or go to their website: 2-1-1 San Diego
Where do I go if I want to learn about or get help with mental health or alcohol and drug concerns?	SD County Network of Care: Behavioral Health Or County of San Diego: Behavioral Health Services
What if I want to find out more about services available to older adults, including intergenerational programs?	SD County Network of Care: Aging/Disabled Or County of San Diego: Aging and Independence Services
Where do I go to see if I'm eligible for food, cash or medical assistance?	My Benefits CalWIN Website Or County of San Diego: Self-Sufficiency Programs
Where do I go to learn more about assistance that is available for housing?	County of SD Housing Resources Directory 2013-2015
Where do I go if I want to know more about vulnerable populations—seniors and refugees?	San Diego County Senior Health Report Atlas of Foreign-born Populations Refugee Health Services